



# Breakfast

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April 3, 2006

# Outline

- ?Most important meal of the day
  - Who believes this
  - Eating v. Skipping Breakfast
  - What to eat for breakfast

# Children's Perceptions

- Breakfast Program schools
  - Improved energy and attention
- Control schools
  - Wish to be thinner
  - Diet
  - Skip breakfast to avoid becoming fat

A large, blue plastic basket filled with fresh, ripe strawberries. The strawberries are bright red with green leafy tops. The basket is overflowing, and the strawberries are piled high. The background is slightly blurred, showing more of the basket and some other items in the distance.

# Adolescents' Perceptions

- Findings
  - 42% no breakfast within past 5 days
  - 41% trying to lose weight
  - 37% dieting to lose weight
  - 25% using excessive dietary practices (fasting, diet pills, laxatives, vomiting)

# Adolescents

- No breakfast
  - More likely to
    - Perceive self as overweight
    - Try to lose weight
      - Fast



# Implications of Perceptions

- Lifestyle of unhealthy wt management
- Teach why
- Practical strategies to address barriers
- Encourage behavioral changes for children and parents



# Why?

- Performance
- Cognition
- Learning skills
- Creativity
- Memory
- Mood
- Nutritional Intake & Status
- Attendance
- Dropout rates
- Wt loss
- Lipid Panel

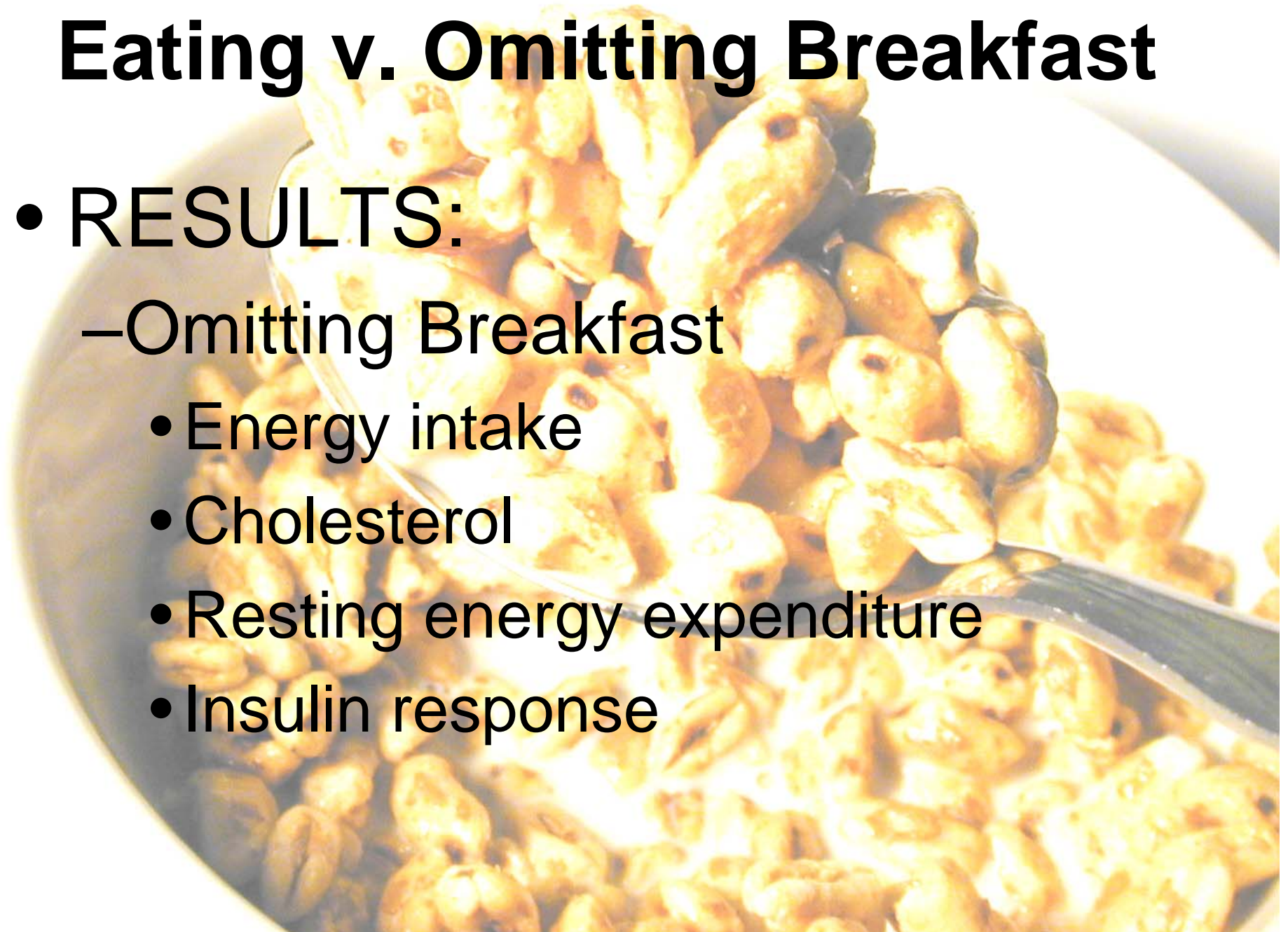
# Eating v. Omitting Breakfast

- Eating Breakfast
  - Cereal & milk before 0800
  - Cookie between 1030 and 1100
- Omitting Breakfast
  - Cookie between 1030 and 1100
  - Cereal & milk between 1200 and 1330



# Eating v. Omitting Breakfast

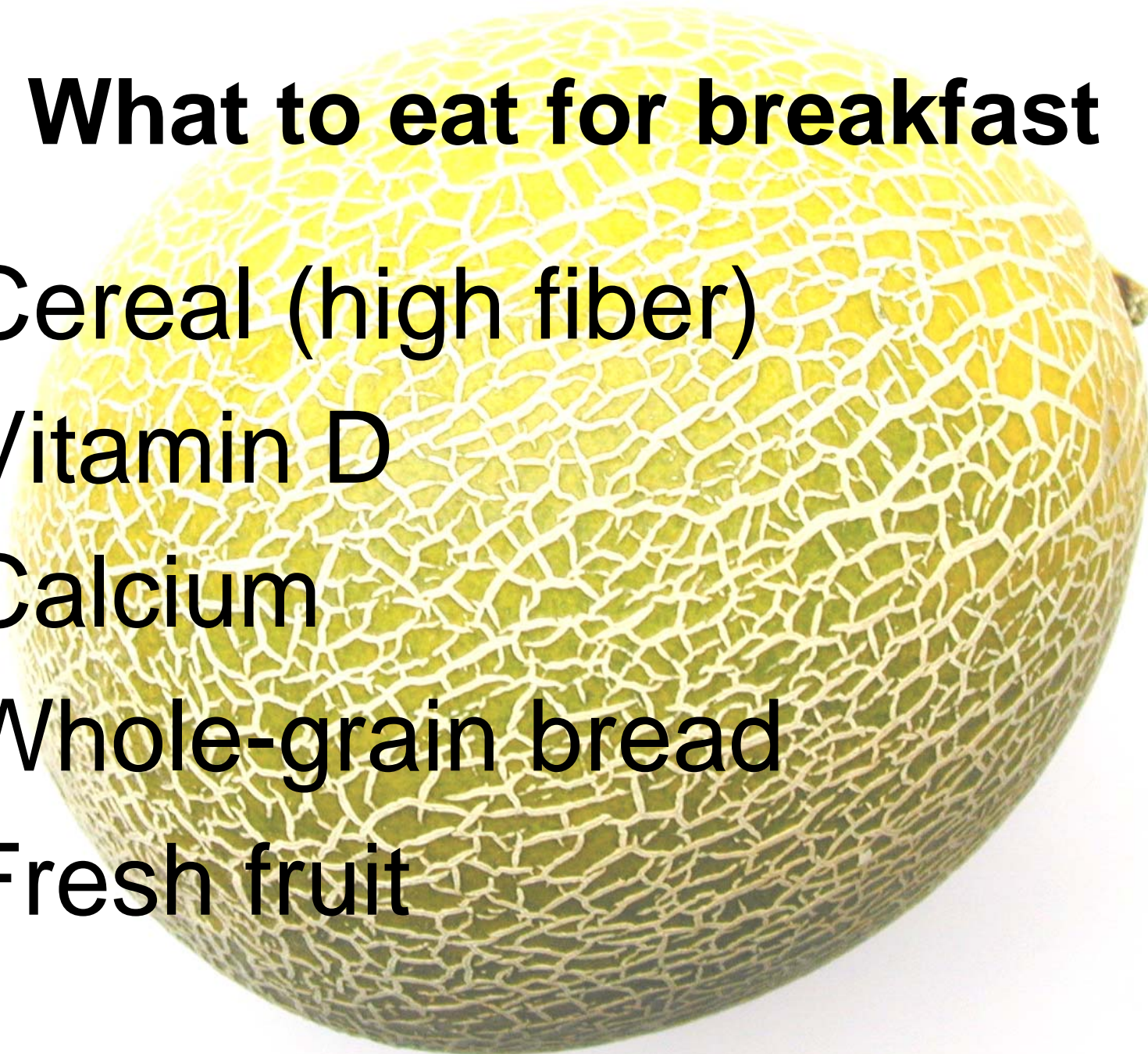
- RESULTS:
  - Omitting Breakfast
    - Energy intake
    - Cholesterol
    - Resting energy expenditure
    - Insulin response





# What to eat for breakfast

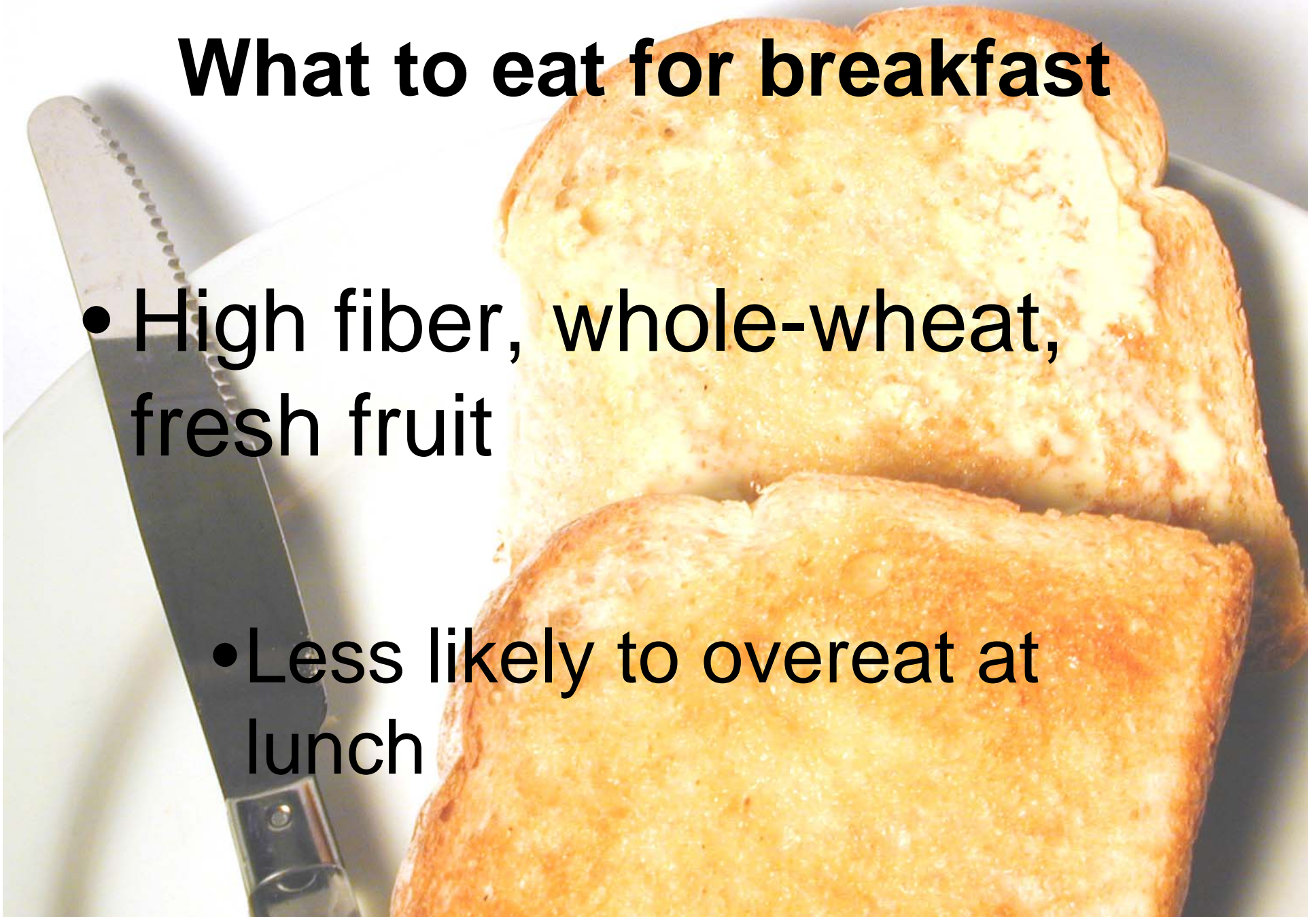
- Cereal (high fiber)
- Vitamin D
- Calcium
- Whole-grain bread
- Fresh fruit





# What to eat for breakfast

- High fiber, whole-wheat, fresh fruit
- Less likely to overeat at lunch



# Breakfast habits and cholesterol

A clear glass filled with orange juice, positioned in the background of the slide. The glass is partially filled, and the juice has a bright orange color. The background is a plain, light-colored surface.

- 6 categories
  - \*\*Skipper
  - \*\*Ready-to-Eat cereal with Fiber
  - Traditional Breakfast
  - Chips or Sweets
  - Other Ready-to-Eat
  - Mixed Breakfasts

# Breakfast cereals related to micronutrients & lipids

- OBJECTIVE:
  - Breakfast cereal and...

- » Dietary habits
- » Nutrient intakes
- » Nutritional status







# Breakfast cereals

- **RESULTS:**

- Intakes

- Iron, B vitamins, and vitamin D

- Status

- Iron
    - Folate, B12, B6, thiamin, riboflavin
    - Cholesterol

# **Calcium, vitamin D and food intake**

- High dairy calcium and D
- No immediate effect on hunger and satiety
- Suppressed food intake over next 24 hours



## **So What?**

- **Benefits**
- **Barriers**
- **False Rumors**